THE BASICS

The 4 important things everyone can do every day to help slow the spread of COVID-19:

- Temperature Checks
- Hand Washing
- Mask Wearing
- Distancing

**Temperature Checks:**
If a child has a fever over 100° F:
- Contact a healthcare provider
- Keep your child home from school

**5 Mistakes to avoid with your Mask:**

#1: Not washing your hands
#2: Not covering your nose and mouth
#3: Touching or adjusting mask
#4: Masking too late, removing it too soon
#5: Reusing old/dirty masks

**SICK CHILD, NOW WHAT?**

If your child is sent home or stays home from school due to concerning symptoms, the best option is to have your child tested for COVID-19. Contact your pediatrician for advice.

- A negative test result will allow a child to return to school when appropriate based on their symptoms.
- Having symptoms of COVID-19 without testing OR having a positive test result requires isolation for **10 days** after the first day symptoms appear and improvement of symptoms. Additionally, going at least **24 hours** since last fever without using fever-reducing agents and improvement of other symptoms. If a child is without symptoms but tests positive, the 10-day isolation period begins with the date of the test.
SUPPORTING YOUR CHILD

Anxiety

Talk to children openly about their feelings and how COVID-19 is impacting their lives.

Seek mental health services at school if a child expresses anxiety or symptoms of depression to ensure adequate support during these stressful times.

Pay extra attention to children with a previous history of anxiety, depression or other mental health diagnoses.

Organization

Organization is a skill that must be taught and built upon as a child develops. Some children may be overwhelmed by the thought of staying organized through a combination of virtual and in-person learning this year, but boiling down the basics of organization will help teach your child how to be successful in areas such as:

Categorizing - knowing where an item or person needs to be.

Staying focused - doing what’s expected or following a list and sticking with it.

Getting it done - finishing a task by checking the work and completing the finishing touches.

Routines

Regardless of whether your child returns to school in-person or virtually, stick to consistent, regular bed and wake-up times, meal and snack times and exercise breaks while easing into school and homework routines.

Additional Resources: